



# Healthy Tailgating



Don't let football season derail your commitment to your healthy new lifestyle! Tailgating is the social event of the season for football fans, and we've got some suggestions for turning your tailgate party into a healthy, reduced calorie, low fat feast!

## *Eat this!*



### Improved Tailgate Meal (per serving)

Chicken Kabobs	<b>250</b> calories 4 fat grams
(boneless skinless chicken breast, sweet peppers, onion, I Can't Believe it's not Butter Spray)	
Fresh Spinach Salad with MWLC Dressing	<b>100</b> calories 0 fat grams
Brown Rice	<b>120</b> calories 0 fat grams
Fresh Strawberries/whipped topping	<b>70</b> calories 2 fat grams
Snack/MWLC Double Bites	<b>130</b> calories 2.5 fat grams
2 Diet Cokes (12 oz)	<b>0</b> calories 0 fat grams
<b>Total Calories</b>	<b>670</b>
<b>Total Fat Grams</b>	<b>8.5</b>

## *Not this!*



### Typical Tailgate Meal (per serving)

Bratwurst on Bun	<b>420</b> calories 26 fat grams
Baked Beans	<b>170</b> calories 2 fat grams
Potato salad	<b>300</b> calories 22 fat grams
Apple Pie	<b>237</b> calories 11 fat grams
Snack/potato chips	<b>150</b> calories 10 fat grams
2 Beers (12oz)	<b>280</b> calories 0 fat grams
<b>Total Calories</b>	<b>1557</b>
<b>Total Fat grams</b>	<b>71</b>

Reducing calories and losing weight can be relatively painless when you replace calorie-dense foods with leaner, healthier selections. If you replace this *typical* tailgate meal with our *improved* tailgate meal one time per week during the 16-week season, the result will be over 4 pounds lost! Just imagine where you can be by Super Bowl if you make healthier choices at all of your meals!